



Risotto with Fennel, Carrots & Peas

Recipe Courtesy Eating Well Magazine

Makes 6 servings, about 1 1/2 cups each

2 carrots, peeled and cut into ¼-inch-thick slices
5-6 cups reduced-sodium, low fat chicken broth
2 teaspoons extra-virgin olive oil
1 fennel bulb, trimmed, cored and chopped (2 cups)
1 onion, chopped
1 ½ cups arborio rice
½ cup dry white wine
1 cup frozen peas, thawed
1 cup freshly grated Parmesan cheese
Salt & freshly ground pepper to taste

1. Blanch carrots in boiling water until just tender, 2 to 3 minutes. Drain. Heat broth in a medium saucepan until simmering; keep warm.
2. Heat oil in a Dutch oven or other wide saucepan over low heat. Add fennel and onions; cook, stirring occasionally, until softened, 7 to 10 minutes.
3. Add rice and stir for 1 minute to coat grains. Add wine and cook, stirring frequently with a wooden spoon, until most of the liquid has evaporated, about 3 minutes.
4. Add 1/2 cup chicken broth and cook, stirring frequently, until most of the liquid has been absorbed, 3 to 5 minutes. Continue adding the broth, about 1/2 cup at a time, and cooking, stirring frequently, until the rice is just tender and the mixture is creamy, about 15 minutes.
5. Add peas and the cooked carrots. Stir in cheese. Season with salt and pepper and serve immediately.

Nutrition Facts

Serving Size: 1/6 recipe

Calories	370
Total Fat	8g
Saturated Fat	3.5g
Cholesterol	15mg
Sodium	450mg
Carbohydrates	54g
Dietary Fiber	4g
Protein	18g

Diabetic Exchanges

Protein	2.5
Fat	1.5
Carbohydrates	7.5